



**Title :** Knowledge and awareness about PCOD in young girls from Mumbai city

**Author(s) :** Harshita Kalra <sup>a</sup>, Dr. Meena Godhia <sup>b</sup>, Dr. Neha Sanwalka <sup>c</sup>

**Institution :** <sup>a</sup> Department of Food Science and Nutrition, S.N.D.T. Women's University, Mumbai, Maharashtra, India; <sup>b</sup> Food & Nutrition Department, SVT College of Home Science (Autonomous), SNDT Women's University, Mumbai, Maharashtra, India; <sup>c</sup> Nutrition & Biostatistics Department, NutriCanvas, Mumbai, Maharashtra, India

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**Introduction:**

PCOS is characterized by increased ovarian and adrenal androgen secretion; hyperandrogenic symptoms such as hirsutism, acne, and alopecia; menstrual irregularity; and in a significant proportion of patients, insulin resistance (1-3). With increasing prevalence of polycystic ovarian disease (PCOD) it is essential to access the knowledge and awareness in young women regarding PCOD (4). Therefore the aim of the study was to access knowledge and awareness about PCOD in young girls from Mumbai city.

**Methodology:**

Cross sectional study was conducted in 222 girls with mean age of 21.2±1.6 years from home science colleges of Mumbai city. 105 girls from nutrition and 117 girls from non-nutrition majors were interviewed using a questionnaire to access knowledge regarding PCOD.

**Results:**

Out of the 200 girls, 176 (79.3%) had heard about PCOD and 21(9.5%) were currently suffering from PCOD. 76 (34.2%) said that PCOD is genetic. 124 (55.9%) reported hirsutism, 98 (44.1%) acne, 158 (71.2%) irregular menstrual cycle, 134 (69.4%) weight gain, 74 (33.3%) alopecia as some of the symptoms of PCOD. 127 (57.2%) said obesity, 140 (63.1%) said stress, 125 (56.3%) said physical inactivity, 105 (47.3%) said junk food intake and 97 (43.7%) said hypertension are risk factors for PCOD. 156 (70.3%) reported pregnancy complications and 137 (61.7%) reported infertility as complications associated with PCOD. Out of the 200 girls, 13 (5.9%) said that PCOD can be managed, 146 (65.8%) said that PCOD can't be managed and 63 (28.4%) said that they are not sure if PCOD can be managed. 202 (91%) agreed that there is a need to spread awareness about PCOD as they are not sure about all aspects of PCOD. 135 (60.8%) reported that eating habits influence PCOD outcomes. Significantly higher percentage of girls from nutrition background had knowledge and awareness about PCOD as compared to non-nutrition background (p<0.05).

**Conclusion:**

Nutrition background girls had higher knowledge about PCOD as it was a part of their curriculum. Camps, lectures and nutrition education need to be planned about PCOD to increase awareness among girls.

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